

GAYA HIDUP YANG MEMENGARUHI KESEHATAN ANAK BERKEBUTUHAN KHUSUS DI SLB NEGERI SALATIGA

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ABSTRAK

Anak berkebutuhan khusus (ABK) adalah anak yang mempunyai penyimpangan dari kondisi rata-rata anak normal baik secara fisik, mental, intelektual, sosial maupun emosional. Penelitian ini dilakukan selama 1 bulan di SLB Negeri Salatiga dengan tipe penelitian deskriptif kuantitatif, desain penelitian *cross sectional study* dengan metode *survey*. Penelitian dilakukan terhadap 30 responden yang dipilih secara *purposive sampling*, dengan tujuan untuk mengetahui pengaruh gaya hidup dengan kesehatan anak berkebutuhan khusus. Gaya hidup yang dimaksud antara lain pola makan, status gizi, aktivitas fisik, dan kesehatan anak dan ekonomi keluarga. Mengacu pada pedoman gizi seimbang, terdapat 4 pilar yang mendukung kecukupan gizi anak yakni keanekaragaman pangan, perilaku hidup bersih, aktivitas fisik dan berat badan normal. Hasil penelitian menunjukkan bahwa, 53% anak mengkonsumsi nasi, lauk pauk dan sayur setiap kali makan. Makanan tambahan atau jajanan diluar yang dikonsumsi, 70% diberikan oleh orang tua dan 47% darinya adalah berjenis *snack* (makanan ringan). Aktivitas fisik 67% sering dilakukan dan 70% mengatakan anak tidak sering sakit. Dari hasil ini, peneliti melakukan perhitungan IMT bertujuan untuk mengukur kecukupan gizi anak yakni 53% anak tergolong normal. Kesimpulan dari hasil penelitian ini adalah gaya hidup, baik pola makan maupun aktivitas fisik sangat memengaruhi kesehatan anak berkebutuhan khusus.

Kata Kunci: Pola makan, Aktivitas fisik, Kesehatan anak

ABSTRACT

Title: The Influence of Lifestyle on Children With Special Need

Children with special need are children who have a deviation from average conditions of normal children as physically, mentally, intellectually, socially or emotionally. This research was conducted for 1 month at Salatiga Special School using descriptive quantitative research. The study utilized cross sectional approach with survey method. The study involved 30 respondents who were selected by purposive sampling, aimed to know the influence of lifestyle on health status of children with special need. The lifestyle was associated with eating patterns, nutritional status, physical activity, and health of the child and the family economical status. Referring to the nutritional guidelines of balance, there are 4 pillars which support the adequacy of child nutrition namely kinds of food, good sanitation behavior, physical activity and normal weight. Results of the study showed that 53% of children consume rice, side dishes and vegetables at every meal. Additional foods were consumed, 70% given by parents and 47% of them, were snacks. Physical activities 67% were often performed and 70% of them barely sick. Based on these results, the researchers measured children's BMI (Body Mass Index) to evaluate the adequacy of child nutrition. The result, 53% of children was classified as normal. In conclusion, it can be inferred that eating pattern, physical activities and lifestyle affect the health status of children with special need.

Keywords: *eating patterns, physical activity, children's health*

